

Failure to Thrive (FTT) (AK 14-USDA 134)

Explain to Participant

Your infant or child is enrolled in the WIC program today because he/she has a serious growth problem. Doctors use growth charts and the following infants'/children's weight, height or length information to diagnose FTT:

- Weight is consistently below the 3rd percentile for age
- Weight is less than <80% of ideal weight for height/age
- There is a progressive fall-off in weight to below the 3rd percentile
- The expected growth rate is going down along the child's previous normal growth curve even if it is not at 3rd percentile

Regardless of the cause, there is inadequate nutrition to support weight gain.

Goal

The goal is to provide the nutritional support to help the infant/child gain weight and grow healthy.

Suggestions for Reducing Risk

Follow the recommendations of your infant's health care provider.
Explain the nutrition education materials suggested.
Offer breastmilk or iron-fortified formula for the entire first year.
Explain infant feeding cues and practices.
Offer a variety of foods from all the food groups every day.
Avoid the temptation to force-feed your child.

Nutrition Education
Material Suggested

**Foods for Your Baby's First Year & Hot Food Facts For Cool Kids
You Can Help Your Child Gain Weight**

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Iron Fortified Infant Formula	Protein, Calcium, Vitamins A & C, Iron
Iron Fortified Infant Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Bright Future for Infants, Gaining and Growing website:
<http://staff.washington.edu/growing/>.